

**AMENDMENTS TO THE CLAIMS**

1. - 5. (Canceled)

6. (Currently Amended) A process for assisting a person in adhering to a healthy diet,  
comprising the steps of:

- a. obtaining at least one two-sided alerting label, having a temporary adhesive on a lower side and having an alerting symbol on an upper side,
- b. placing said alerting label on top of the dominant hand of the person to assist the person in adhering to a healthy diet by reminding the person to avoid foods which are adverse to the healthy diet.

7. (Canceled)

8. (Currently Amended) A process for assisting a person in adhering to a healthy diet,  
comprising the steps of:

- a. applying obtaining a temporary tattoo having an alerting symbol, and
- b. applying said temporary tattoo on top of the dominant hand of the person to assist the person in adhering to a healthy diet by reminding the person to avoid foods which are adverse to the healthy diet.

9. - 16. (Cancelled)

17. (Previously Presented) A process according to claim 6, further comprising:

- c. obtaining at least one container-suitable two-sided alerting label, having an adhesive on a lower side and having said alerting symbol on an upper side,
- d. placing said container-suitable two-sided alerting label on a container containing food which is not conducive to the healthy diet if consumed in significant quantities.

18. (Previously Presented) A process according to claim 6, further comprising:
- c. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
  - d. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.
19. (Previously Presented) A process according to claim 6, further comprising:
- c. obtaining at least one container-suitable two-sided warning label, having an adhesive on a lower side and having a warning symbol on an upper side,
  - d. placing said container-suitable two-sided warning label on a container containing food which is not conducive to the healthy diet.
20. (Previously Presented) A process according to claim 17, further comprising:
- e. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
  - f. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.
21. (Previously Presented) A process according to claim 19, further comprising:
- e. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,
  - f. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.
22. (Previously Presented) A process according to claim 20, further comprising:
- g. obtaining at least one container-suitable two-sided warning label, having an adhesive on a lower side and having a warning symbol on an upper side,

- h. placing said container-suitable two-sided warning label on a container containing food which is not conducive to the healthy diet.

23. (Currently Amended) A process according to claim 8, further comprising:  
b.c. obtaining at least one container-suitable two-sided alerting label, having an adhesive on a lower side and having said alerting symbol on an upper side,  
e.d. placing said container-suitable two-sided alerting label on a container containing food which is not conducive to the healthy diet if consumed in significant quantities.
24. (Currently Amended) A process according to claim 8, further comprising:  
b.c. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,  
e.d. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.
25. (Currently Amended) A process according to claim 8, further comprising:  
b.c. obtaining at least one container-suitable two-sided warning label, having an adhesive on a lower side and having a warning symbol on an upper side,  
e.d. placing said container-suitable two-sided warning label on a container containing food which is not conducive to the healthy diet.
26. (Currently Amended) A process according to claim 23, further comprising:  
d.e. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,  
e.f. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.
27. (Currently Amended) A process according to claim 25, further comprising:  
d.c. obtaining at least one container-suitable two-sided encouraging label, having an adhesive on a lower side and having an encouraging symbol on an upper side,

e.f. placing said container-suitable two-sided encouraging label on a container containing food which is conducive to the healthy diet.

28. (Currently Amended) A process according to claim 26, further comprising:  
f.g. obtaining at least one container-suitable two-sided warning label, having an adhesive on a lower side and having a warning symbol on an upper side,  
g.h. placing said container-suitable two-sided warning label on a container containing food which is not conducive to the healthy diet.

29. (Previously Presented) A process according to claim 6, further comprising:  
c. serving food to the person in a partitioned bowl, each partitioned segment of the bowl bearing a symbol identifying a particular food group, each segment of a size appropriate to contain a desirable amount of the food group identified by the symbol applicable to that segment.

30. (Currently Amended) A process according to claim 8, further comprising:  
b.c. serving food to the person in a partitioned bowl, each partitioned segment of the bowl bearing a symbol identifying a particular food group, each segment of a size appropriate to contain a desirable amount of the food group identified by the symbol applicable to that segment.

d.31. (Previously Presented) A process according to claim 6, further comprising:  
c. providing a chart with printed instructions regarding the healthy diet,  
d. affixing a symbol substantially similar to said alerting symbol to said chart to identify foods not conducive to the healthy diet.

32. (Currently Amended) A process according to claim 8, further comprising:  
b.c. providing a chart with printed instructions regarding the healthy diet,  
e.d. affixing a symbol substantially similar to said alerting symbol to said chart to identify foods not conducive to the healthy diet.

33. (Previously Presented) A process according to claim 29, further comprising:  
d. providing a chart with printed instructions regarding the healthy diet,  
c. affixing a symbol substantially similar to said alerting symbol to said chart to identify foods not conducive to the healthy diet.

34. (Currently Amended) A process according to claim 30, further comprising:  
e.d. providing a chart with printed instructions regarding the healthy diet,  
d.e. affixing a symbol substantially similar to said alerting label to said chart to identify foods not conducive to the healthy diet.

35. (Previously Presented) A process according to claim 33, further comprising:  
f. obtaining at least one container-suitable two-sided alerting label, having an adhesive on a lower side and having said alerting symbol on an upper side,  
g. placing said container-suitable two-sided alerting label on a container containing food which is not conducive to the healthy diet if consumed in significant quantities.

36. (Currently Amended) A process according to claim 34, further comprising:  
ff. obtaining at least one container-suitable two-sided alerting label, having an adhesive on a lower side and having said alerting symbol on an upper side,  
fg. placing said container-suitable two-sided alerting label on a container containing food which is not conducive to the healthy diet if consumed in significant quantities.